

LYSHOLM KNEE SCORING SCALE

Name: _____ Date: _____

Instructions: Below are common complaints which people frequently have with their knee problems. Please check the statement which best describes your condition.

1. LIMP:

- I have no limp when I walk. (5)
- I have a slight limp or periodical limp when I walk. (3)
- I have a severe and constant limp when I walk. (0)

2. USING CANE OR CRUTCHES:

- I do not use a cane or crutches. (5)
- I use a cane or crutches with some weight-bearing. (2)
- Putting weight on my hurt leg is impossible. (0)

3. LOCKING SENSATION IN THE KNEE:

- I have no locking and no catching sensation in my knee. (15)
- I have a catching sensation but no locking sensations in my knee. (10)
- My knee locks occasionally. (6)
- My knee locks frequently. (2)
- My knee feels locked at this moment. (0)

4. GIVING WAY SENSATION FOR THE KNEE:

- My knee never gives way. (25)
- My knee rarely gives way, only during athletics or other vigorous activities. (20)
- My knee occasionally gives way during daily activities. (10)
- My knee often gives way during daily activities. (5)
- My knee gives way every step I take. (0)

5. PAIN:

- I have no pain in my knee. (25)
- I have intermittent or slight pain in my knee during vigorous activities. (20)
- I have marked pain in my knee during vigorous activities. (15)
- I have marked pain in my knee during or after walking more than 1 mile. (10)
- I have marked pain in my knee during or after walking less than 1 mile. (5)
- I have constant pain in my knee. (0)

6. SWELLING:

- I have no swelling in my knee. (10)
- I have swelling in my knee only after vigorous activities. (6)
- I have swelling in my knee after ordinary activities. (2)
- I have swelling constantly in my knee. (0)

7. CLIMBING STAIRS:

- I have no problems climbing stairs. (10)
- I have slight problems climbing stairs. (6)
- I can climb stairs only one at a time. (2)
- Climbing stairs is impossible for me. (0)

8. SQUATTING:

- I have no problem squatting. (5)
- I have slight problems squatting. (4)
- I can not squat beyond a 90 degree bend in my knee. (2)
- Squatting is impossible because of my knee. (0)

Total _____/100

